



Sept. 26, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission:



www.usagria.army.mil/News/II.aspx

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Rock Island Arsenal Employees, Volunteers Support Quad Cities Marathon

The Rock Island Arsenal was once again an integral part of the Quad Cities Marathon on Sunday, Sept. 25, as the installation has been a functional part of the Marathon, which is in its nineteenth year and covers five races, four cities, three bridges, two states, and the area's historic Arsenal Island. The 26.2 mile run starts and ends in downtown Moline. RIA supported the passage of the Marathon across the installation with a number of employees that were on duty that day including RIA police, fire fighters, as well as employees from the RIA Family and Morale, Welfare and Recreation program. Desiree Aidala, Recreation-Wellness Specialist, RIA FMWR, has played a key part in the coordination between the Arsenal and Marathon officials to bring the event across the installation. This has included the coordination of volunteers who set up stations to give water out to the runners during its transit across the Post. ([More](#))



Upcoming Dates

- Sept. 1-30:** FEGLI Open Season
- Sept. 26-Oct. 3:** Absentee Voting Week
- Sept. 27:** G.I. Bill Brief, Bldg. 56, Rm. 116, 10-11 a.m.
- Sept. 27:** Emotional Intelligence, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m. - 12:30 p.m.
- Sept. 27:** Walk-In Pet Vaccine Clinic, RIA Fire Station, 1-6:30 p.m.
- Sept. 27:** 9th Annual Cards for Troops, Heritage Hall, Bldg. 60, 6:30-9 p.m.
- Sept. 28:** Walk-In Pet Vaccine Clinic, RIA Fire Station, 8-11:30 a.m.
- Sept. 29:** Flu Immunizations for dependents, retirees, DA civilians (TRICARE beneficiaries), RIA Fitness Center, 7 a.m. - 3 p.m.
- Sept. 29:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.
- Sept. 30:** Rocktoberfest, Heritage Hall, Bldg. 60, 5-10 p.m.
- Oct. 6:** 3rd Annual Domestic Violence Awareness Month-Join the Fight March, Rodman Ave., 11-11:30 a.m.
- Oct. 6:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.
- Oct. 6:** National Hispanic Heritage Month Observance, Arsenal Island Clubhouse, 1-2 p.m.
- Oct. 6:** First Friday Social, Arsenal Island Clubhouse, 3-7 p.m.
- Oct. 6:** Rock Island Arsenal Historical Society Meeting, Arsenal Island Clubhouse, 6 p.m.
- Oct. 7:** Advanced Résumé Class, ACS, 1:30-3:30 p.m.

RIA Soldiers Retire With Combined 190 Years of Service

A retirement ceremony for seven Soldiers stationed at Rock Island Arsenal was held in Heritage Hall, here, Sept. 15.

Brig. Gen. Richard B. Dix, commanding general, Joint Munitions and Lethality Life Cycle Management

Command and Joint Munitions Command, presided over the ceremony. "Today's retirement ceremony is a testament to their abilities and faithful execution of their duties to our Army and our nation," said Dix. "Our seven distinguished retirees have performed their duties for a combined total of 190 years." Dix thanked the families of the retirees for supporting their Soldiers. U.S. Army Sustainment Command hosted the event and provided the color guard. ([More](#))



LOGCAP Support Brigade Welcomes New Commander

The Logistics Civil Augmentation Program (LOGCAP) Support Brigade welcomed a new commander and said farewell to another during a ceremony in Heritage Hall, here, Aug. 13. Col. Kimberly Boyd took command of the LOGCAP Support Brigade from Col. Tom Niles. Brig. Gen. Jeffrey Doll, commanding general, U.S. Army Reserve Sustainment Command headquartered in Birmingham, Alabama, officiated the event. "Today we honor the commitment and leadership of Col. Tom Niles," said Doll. "Tom personifies the warrior ethos." "We also welcome Col. Kimberly Boyd as she takes command of the only LOGCAP brigade in the Army." ([More](#))



First Gold Star Families Day Observed At Illinois Capitol

For decades, mothers who have lost sons or daughters in military service have been recognized annually on Gold Star Mother's Day the last Sunday in September. On Monday, the other surviving relatives of deceased military personnel got official recognition in Illinois on the first Gold Star Families Day. The day was observed during a ceremony in the Capitol. The day was the result of legislation passed unanimously in the General Assembly last spring to bring recognition to people who are sometimes forgotten when a member of the military is killed.

([More](#))



Local Veterans Bring Suicide Awareness through 22 Mile Walk across the QC

Iraq veteran Kyle Retzlaff and a two of his fellow veterans walked 22 miles across the Quad Cities to raise awareness for the 22 veterans lost to suicide every day. The walk began at the Service Station Bar and Grill in Milan and continued through Moline and Rock Island. Only stopping to rest at the Park Side Bar in Moline. Retzlaff also carried his service bag, weighing over 30 pounds to represent the heavy load many veterans carry by themselves once they come home from war. "You're in this hole and you keep digging the hole and everybody is like 'suck it up cupcake you can do this,' but it's not. You're in this hole and it's horrible," Retzlaff said. ([More](#))



Employers Get Taste Of Military Mission

From 1,500 feet above Scott County and strapped into a seat on a Chinook CH-47F helicopter, a group of Quad-City employers got an up-close and personal view of the work their employees do when called to duty as citizen soldiers with the guard and reserve. More than 40 employers and community leaders had the rare opportunity Thursday to fly with the Iowa National Guard. The experience was part of a Center of Influence event at the Davenport Army Aviation Support Facility hosted by the Iowa National Guard and Employer Support for the Guard and Reserve, or ESGR. ([More](#))



U.S. Must Maintain Strongest Military in World, Dunford Tells Airmen

Any discussion about the U.S. military has to start with the fact that today the force is unrivaled in the world, the chairman of the Joint Chiefs of Staff said at the Air Force Association's annual meeting this morning. "The joint force -- to include your Air Force -- is the most capable, professional military force in the world," Marine Corps Gen. Joe Dunford said. "We can defend the nation. We can meet our alliance responsibilities, and I'm confident that we can maintain a competitive advantage over any potential adversary." — **Military Not Broken** — The United States military is not broken," Dunford said. "It is not at a competitive disadvantage," he said. "And I say this fully knowing that all the services are feeling the effects of the unstable fiscal environment we've been in the past few years." ([More](#))



EOY Fuel Station Closure & VIL Keys

The installation fuel station on Island will need to be shut down for End of Year inventory this **Thursday, Sept. 29**, at 1:30 p.m., and will not be accessible again until **Saturday, Oct. 1**, after 7 a.m. Along the same lines if you have a VIL key that is used to obtain fuel from the fuel station, your VIL key expired on **Aug. 31, 2016**, and needs to be updated prior to **Friday, Sept. 30, 2016**. If your VIL key has not been updated this year, please contact [LoRhonda Dickerson](#) to get this completed this week. You should already have the attached paperwork which is needed for the keys to be updated. If not, please call, 309-782-1883, or email to make an appointment to have your VIL key updated before this fiscal year ends.

VIOS Schedule for October, November

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 17, 18, 19, 20, and 21**; and **Nov. 14, 15, 16, 17, and 18**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#)

FEGLI Open Season - Time is Running Out!

Have you made your Federal Employees' Group Life Insurance (FEGLI) Open Season election yet? Visit www.opm.gov/FEGLIopenseason to read about the FEGLI Open Season. Army employees must make their FEGLI Open Season election via the CAC-enabled Employee Benefits Information System (EBIS) at <https://www.ebis.army.mil/login.aspx> or by speaking to an Army Benefits Center-Civilian (ABC-C) benefits specialist at 877-276-9287 between the hours of 6 am and 6 pm Central Time by **the deadline of Sept. 30**. There is a one year delayed effective date before your Open Season coverage becomes effective. Your new coverage will be effective the first day of the first full pay period that begins on or after **Oct. 1, 2017**, as long as you meet pay and duty status requirements. For most biweekly employees, this means your new coverage will be effective **Oct. 1, 2017**. You will not pay premiums for your new coverage until your new coverage is effective. Thinking about retirement? For any FEGLI coverage you wish to bring into retirement, you must have that coverage for your last five years of federal service, among other requirements. If you plan to retire before October 2022 (five years after the soonest your Open Season coverage could come into effect), consider this when making your Open Season election. No one knows when the next FEGLI Open Season will be. Do not miss this opportunity! Employees may enroll between **Sept. 1, 2016 and Sept. 30, 2016** by logging into their Employee Benefits Information System (EBIS) account at <https://www.ebis.army.mil> or by speaking to an ABC-C Benefits Specialist at (877) 276-9287, (785) 240-2222 or by DSN at 520-2222 between the hours of 6 am to 6 pm (Central Time).



Flu Shot Update

Earlier information stated all DoD civilians can receive the Flu Shot. Please know that we can only give the Flu Shot to TRICARE beneficiaries. The Rock Island Arsenal Health Clinic will be offering the Flu Shot to all eligible ID card holders — dependents, DA civilians (TRICARE beneficiaries), Retirees, etc. However, we have not received the shipment of vaccines for children under 3 years of age yet. We are awaiting a shipment for them, and we will update you via email once we have it in stock. Everyone (TRICARE beneficiaries) over 3 years of age will be able to receive their vaccination at the RIA Fitness Center on **Thursday, Sept. 29**, 7 a.m. - 3 p.m. We will be located in the Soldiers Den next to the Cardio Room.



Absentee Voting Week

Absentee Voting Week takes place **Monday, Sept. 26, through Monday, Oct. 3**. Service members and eligible civilian voters are encouraged to return their absentee ballots or use the Federal Write-In Absentee Ballot if they do not receive their absentee ballot by the first week of October. States do not have the same deadlines for receiving ballots, so individuals should check their State's exact deadline requirements in the 2016-2017 Voting Assistance Guide, located at www.fvap.gov/vao/vag. The Installation Voting Assistance Office can help service and family members, military retirees, and federal employees with voter registration and questions. Stop by the Installation Voting Assistance Office, located in Bldg. 56 on the third floor, or call 309-782-5711, for all your voting needs. The Installation Voting Assistance Office will also be conducting a number of outreach events at locations throughout the Garrison during Voting



Week, including being at the gym every morning, 7:30-8:30 a.m., and popular lunch spots, Bldg. 60, or the outdoor grill depending on weather, 11 a.m. – 12:30 p.m. Potential voters can visit www.fvap.gov for further information on their voting rights and to access online voter registration and absentee ballot forms. Illinois residents can register to vote and check registration status, online at <https://ova.elections.il.gov>, while Iowa residents can go to <https://sos.iowa.gov/elections/voterinformation/index.html>.

5 Things U.S. Military, Overseas Citizens Need to Know to Vote Absentee

With less than two months until the General Election on Nov. 8, absentee voters are beginning to receive their state ballots. During Absentee Voting Week — **Sept. 26 through Oct. 3** — the Federal Voting Assistance Program reminds military and overseas citizens to vote their ballot as soon as possible and to follow up to ensure that their ballot is received by their election office. Here are FVAP's top reminders for ensuring Americans vote successfully — wherever they are. • Know that your absentee ballot counts the same as ballots cast at the poll site. All ballots submitted according to state laws are counted in every election. The media often will report the projected outcome of an election before all of the ballots are counted. In a close election, the media may report the preliminary results or say that the outcome cannot be announced until after the absentee ballots are counted. However, all ballots, including absentee ballots, are counted in the official totals for every election — and every vote (absentee or in-person) counts the same. • Check your state deadlines, instructions, and options. Each state sets its own deadlines for registering to vote and its options for how absentee ballots are sent to voters. States can also differ in their requirements and deadlines regarding how to complete and submit absentee ballots. Some states require ballots to be postmarked by Election Day while others must receive ballots by Election Day. FVAP.gov has your state's deadlines and requirements. • Postmark and send your ballot on time. Every election, states receive some absentee ballots past the deadline for acceptance – but this is easily preventable. Follow your state's specific deadlines and recommended mailing dates for returning your voted ballot. If you're a registered military or overseas voter and don't receive your requested state ballot early enough to submit it on time, you can go to FVAP.gov and use the backup ballot called the Federal Write-In Absentee Ballot. Voters who end up receiving a state ballot after submitting a FWAB should still complete and return it, as well. States only count your backup ballot if your voted state ballot is not received by the deadline. • Fill out your ballot and election materials correctly. Many states have specific requirements for signing the envelope or an affidavit enclosed with your ballot. Be sure to follow the instructions sent with your ballot to ensure it gets counted. • Check that your voted ballot reaches its destination. If you're wondering if your vote made it home, check the status of your ballot by selecting your state at FVAP.gov and contacting your election office directly. Military and overseas voters who need to register or request a ballot can do so by filling out a Federal Post Card Application at FVAP.gov — by hand or using the online assistant — and sending it to their election office. For additional information, visit FVAP.gov, email vote@fvap.gov or call 1-800-438-VOTE (8683).

9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no

charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card-making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Walk-In Pet Vaccine Clinic

Army Veterinary Corps personnel from Naval Station Great Lakes Veterinary Treatment Facility are coming to Rock Island Arsenal to conduct a Walk-In Pet Vaccine Clinic at the RIA Fire Station on **Tuesday, Sept. 27**, 1-6:30 p.m., and on **Wednesday, Sept. 28**, 8-11:30 a.m. The clinic will be conducted on a first come, first serve basis for eligible patrons to include all military, military retirees, and their dependents with valid IDs. Cash or check only will be accepted for payment. Services offered will include vaccinations, heartworm and fecal testing, flea and tick preventative, microchip implantation and more. For more information about the Army Veterinary Corps personnel at Naval Station Great Lakes Veterinary Treatment Facility go to: <http://go.usa.gov/xB58Q> or www.facebook.com/greatlakesvtf



2016 Fire Prevention Week

National Fire Prevention Week is observed in the United States and Canada during the 2nd week of October each year. In the United States, the first Presidential proclamation of Fire Prevention Week was made in 1925 by President Calvin Coolidge. The National Fire Protection Association continues to be the international sponsor of Fire Prevention Week. This year's chosen theme is "Don't Wait



Check the Date." As in the past, the Fire Department will be conducting building evacuation drills in conjunction with other fire prevention educational activities geared to providing fun and educational information on fire safety and prevention to the general workforce and population. In light of recent events, building evacuation drills are more important than ever. It is imperative that each individual working and living on Rock Island Arsenal do their part to be fully aware of their evacuation procedures and designated assembly points in the event an emergency should arise and you would have to leave the building or shelter in place. The keys to success are planning and practice. When conducting evacuation drills emphasis should be placed on orderly evacuations rather than on speed. During Fire Prevention Week, we understand you may have certain employees unable to leave their work area during drill times due to non-standard work, security issues, and high level conference meetings. Please have your managers convey this information to the firefighters who will be checking the buildings during the drills. Disregarding the drill should not be taken lightly and only used as an extreme exception. USAG-POC is Douglas W Davis, Assistant Chief of Fire Prevention, IMRI-ESF, extension 2-0162, or email: douglas.w.davis63.civ@mail.rnil.
— *Kenneth J. Tauke, Colonel, MP, Garrison Commander*

One Army, Indivisible

"One Army, Indivisible" is the America's Army - Our Profession (AAOP) biennial theme for fiscal year 2017-2018. The Total Army is composed of three interdependent, mutually supporting components: the regular Army, the Army National Guard, and the Army Reserve. In addition, the Army Civilian Corps supports all three. The Army's fundamental mission to win in the unforgiving crucible of ground combat requires the combined effort of the entire team to be ready today and prepared for tomorrow. The chief of staff of the Army approved the "One Army, Indivisible" theme

to continue the momentum gained from prior AAOP themes, which are designed to teach and inspire an understanding of the Army profession and enhance commitment to the Army's professional calling. The Center for the Army Profession and Ethic (CAPE), a part of the Combined Arms Center and Army Training and Doctrine Command, is the Army's lead for developing the themes. ([More](#))

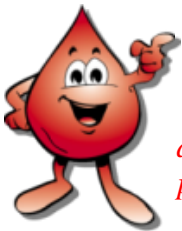
Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Oct. 14 & 21, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



Donors at these drives will:

- Be entered into a monthly drawing for a \$300 gas card
- Be entered into the summer drawing for a new Ford Fiesta



Charlie Corpuscle reminds us, "All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email shoegerl@mvrbc.org if they have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, **Saturday, Oct. 15**, 7:30 a.m. to 12:30 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. A photo I.D. is required for all personnel to access the installation. If you need a new/updated I.D. Card, call 309-782-0596 for an appointment. Submit registration no later than **Friday, Oct. 7**. Registrations can be emailed to qcmrad@gmail.com. Additional information is available by calling 563-508-5123. ([2016 Midwest Retiree Appreciation Days Registration Form](#))



Building 60 Outdoor Grill Update

Building 60 outdoor grill will operate Tuesday's, Wednesday's and Thursday's for the remainder of the grilling season. Do not forget we have Ribeye Steak Sandwiches both Wednesday's and Thursday's. We plan for the last day of the outdoor grill to be **Thursday, Oct. 20**. Keep an eye on

the Island Insight for upcoming deals and specials; we have a lot of plans for after grill season inside the cafe, again, keep an eye on the Island Insight. Thank you all for your continued support.

Rock Island Arsenal Commissary and Exchange Town Hall

The installation will conduct its Rock Island Arsenal Commissary and Exchange Town Hall on **Wednesday, Oct. 26**, 11:30 a.m. – 1 p.m., at the Arsenal Island Clubhouse. Soldiers, Family members and patrons are invited to attend to find out what's going on inside their Commissary and Exchange, as well as to voice their input. Questions? Contact Eric Cramer, Garrison Public Affairs Officer, 309-782-7746.

QC Honor Flight Set for Oct. 27

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell 4-8 weeks prior to the honor flight date to advise them they have been selected for the next scheduled flight. Applications are dated in the order they are received. Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, Oct. 27**.



Donkeys and Dog Tags Fun Run/Walk

This is a country 5.4 Fun Run/Walk as a fundraiser for Donkeys and Dog Tags taking place **Saturday, Oct. 8**, in Moingona City Park, Boone Co., Iowa. We will have various vendors with information for our veterans, families, and the general public. After the race we will have a chili feed, book signing with Cate Folsom, wife of retired Marine Col. John Folsom, Lusco Farms Rescue, and a few other organizations. Please come and join us for the run, or to just stop out and visit our vendors and to show your support for our veterans and the donkeys. ([More](#))

Vets with Disabilities Explore Camp Courageous Day

Vets with Disabilities Explore Camp Courageous Day will take place on **Monday, Nov. 21**, at Camp Courageous, located at 12007 190th St, in Monticello, Iowa, beginning with flag raising and arrival 9:30-10 a.m. The event is to give veterans who have disabilities a taste of camp. The event is for vets who have disabilities. The Camp is seeking referrals and to get the word out. Those interested will need to RSVP with the number attending (vets and family members/assistants) and basic contact info (name, phone, address, email). This will help programming and dietary plan effectively and be prepared. Camp staff will lead activities and assist with transitioning individuals from one location to another, answering questions, tours, and guidance around camp. Dietary staff will provide lunch. A survey/evaluation will be passed out at the end to gather feedback and determine interest in further programming for veterans who have disabilities at Camp Courageous. Please contact Stephen Fasnacht at 319-465-5916 x2310 or stephen@campcourageous.org. ([More](#))



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless:

As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



Notice of Road and Parking Closures

The Directorate of Public Works is scheduling road closures and parking closures around Bldg. 299 on Gillespie Street and Beck Lane. The closure is required in order to continue work on installation of new sprinkler service water mains for Bldg. 299. The installation of those water mains requires the removal and replacement of sections of Gillespie Street, Beck Lane, and Parking Lot 1P. The closures commenced on Sept. 26, and will reopen on **Friday, Sept. 30**. The date may be moved out pending weather or unforeseen site conditions during excavations. During construction on Gillespie, one lane of the road will remain open at all times to allow for vehicle access through the rolling gates into Bldg. 299. Pedestrian traffic from Lot 1P to Door 17 will be rerouted parallel to the existing crosswalk and will be barricaded and signed. Relocation of handicapped/reserved parking is being coordinated with JMTC personnel and will be reassigned.

Parking Lot 3K and 1C Closure Notifications

The Directorate of Public Works will be installing monitoring wells at two locations that will involve the partial closure of Parking Lot 3K (Northwest of the intersection of Gillespie Street and North Avenue) and total closure of Parking Lot 1C (north of Bldg. 106). A total of 30 parking spaces near the northeast corner of Parking lot 3K will be closed starting **Monday, Sept. 26**, until **Friday, Oct. 7**. Parking Lot 1C will be closed starting **Monday, Oct. 3**, until **Friday, Oct. 14**. Barricades will be placed around the work area at Parking Lot 3K and at each end of Parking Lot 1C.

Update Repair Gillespie Street

On Tuesday, Sept. 6, Public Works began making repairs to Gillespie Street. The road will be closed between Blunt Road and the north entrance to Bldg 312. We encourage pedestrians to avoid this area, but they may use the west sidewalk along Gillespie to the south entrance of Bldg. 312 and then cross over to the golf cart path proceeding onto Ramsey Road. If safety becomes an issue, the area will be closed to pedestrian traffic. Orange safety fence is installed around the perimeter of the work area. Please use caution when traveling near the area and be aware of extra truck traffic traveling to the construction site.

Notice for Repair of Gillespie Street

On **Monday, Aug. 15**, the Directorate of Public Works began making repairs to Gillespie Street. The work is being accomplished in multiple phases. Phase I includes the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II is from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately **four months** depending on weather. Orange safety fence are installed around the perimeter of the work area. Signs and barricades are in use to detour traffic. Please use caution when traveling near the area.

Beck Avenue Closure

The Directorate of Public Works is scheduling a road closure for a section of Beck Avenue, **Sept. 5-30**. The end date may be extended pending weather or unforeseen site conditions during excavations. This closure is required to continue work with installing new fire water mains for B-299. The installation of those water mains requires the removal and replacement of sections of Beck Avenue. Barricades and signs will be posted to warn and direct traffic. Parking in Lot 2G will be unaffected. Parking in Lot 2F can be maintained with access from Flagler Street through the JMTC area rolling gates. Pedestrian traffic to Door 17 at B-299 will remain open.

Impact to Traffic: 3rd Annual Join the Fight March

The United States Army Garrison Rock Island Arsenal's Family Advocacy Program will hold its 3rd Annual Join the Fight March on **Thursday, Oct. 6**, at 11 a.m. Portions of Rodman Avenue will be closed from 11 a.m. to 11:30 a.m. to ensure safety of those participating in the March. The RIA PD will be supporting this action. As in past years it will be a rolling blockade so that the entire road will not be blocked off at the same time. A map of the portion of Rodman Ave that will be used is attached. All portions of Rodman are expected to be open by 11:40 a.m.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



Closure Notice, Building 104 Courtyard

The Directorate of Public Works has closed the Bldg. 104 Courtyard to all traffic, parking, and public access effective **Aug. 1, through Thursday, Dec. 15**. Closure is required to stage materials and equipment to remove and replace the roof on Bldg. 104. Signage will be placed at all doors exiting into the Courtyard notifying occupants of emergency exit only. Access into the Base Supply Store will be through the south end, east wing overhead door and/or East door. Emergency Services will have access to all doors in the courtyard in case of emergencies.

Active Duty/Reserve Zone



Military Appreciation Day at Golfmohr Golf Club

There will be Military Appreciation Day at the Golfmohr Golf Club located at 16724 Hubbard Rd., in East Moline, on **Thursday, Sept. 29**, starting at 12 p.m. This event is limited to the first 24 entries and must be current, active duty military, all branches. Complimentary golf, golf cart, and meal. Participants will buy their own beverages. There will be a \$10 per player cash prize fund, 100 percent returned. Call Golfmohr Pro Shop at 309-496-2434 to sign up.

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Safety Challenge Grows With Record Firearms Purchases

If the number of Federal Bureau of Investigation background checks is any indication, Americans are buying personal weapons at a record clip. During 2015, background checks exceeded 23.1 million, the most since recordkeeping began in 1998. "The volume of applications being processed in the National Instant Criminal Background Check System tells us there may be an increase in the number of privately owned firearms in the hands of our fellow citizens, some of whom are also Soldiers," said Lt. Col. Phillip G. Jenison, Ground Directorate, U.S. Army Combat Readiness Center. "That means there could be Soldiers who are first-time gun owners, and they must be aware of the dangers involved and exercise caution and common sense when handling them." Even though Soldiers qualify with weapons as of part of their military training, that occurs on duty in a controlled environment. In an off-duty setting, things are different - more casual and less focused. Decreased vigilance could lead to unsafe activities with tragic consequences. While the number of Soldiers with privately owned weapons might be increasing, off-duty firearms fatalities have dropped each year since 2012. The Army lost five Soldiers each in 2013 and 2014, and the total dropped to three in FY 2015, according to data available from the USACRC. ([More](#))

Equal Employment Opportunity Focus



National Hispanic Heritage Month Observance

The Rock Island Arsenal's National Hispanic Heritage Month Observance will take place **Thursday, Oct. 6**, 1-2 p.m., in the Arsenal Island Golf Clubhouse, and include Lee Vasquez as the featured speaker. To sign up for the event use keyword "Hispanic Heritage" in [TEDs](#). Vasquez is the [executive director of the Greater Quad Cities Hispanic Chamber of Commerce](#), where he implements the Chamber's strategic plan, promotes business and fund development, and helps GQCHCC members build capacity through training and technical assistance. Vasquez has been a member of the Iowa City Area Chamber of Commerce and graduate of the Chamber leadership program. He also served as president of the Chamber Leadership Alumni Group. He earned his B.A. in Business/Economics at Chadron State College, Chadron, Nebraska. Vasquez spent more than 12 years at the University of Iowa working within the Business Services Department and four years as the director of Auxiliary Services at Kirkwood Community College in Cedar Rapids, Iowa. During his tenure at the University, he served as co-chair of the Council on the Status of Latinos. A university organization that was started to create an environment that addressed the needs and concerns of Latino faculty, staff and students. In addition, he was a long time member of the University Diversity Council that reported directly to the president of the University. National Hispanic Heritage Month is the period from **Sept. 15 to Oct. 15** in the United States, when people recognize the contributions of Hispanic and Latino Americans to the United States and celebrate the group's heritage and culture. Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. All declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on Sept. 16, Sept. 18, and Sept. 21, respectively. President Barack Obama stated in his 2015 National Hispanic Heritage Month proclamation, "As a Nation, we are bound by our shared ideals. America's Hispanic community has the same dreams, values, trials, and triumphs of people in every corner of our country, and they show the same grit and determination that have carried us forward for centuries. During National Hispanic Heritage Month, let us renew our commitment to honoring the invaluable ways Hispanics contribute to our common goals, to celebrating Hispanic culture, and to working toward a stronger, more inclusive, and more prosperous society for all." For additional information or accommodations for the observance please contact Sgt. First Class Tina Roberts, ASC, EOA, at 309-782-3021. ([Hispanics in the United States Army](#)) ([StandTo!](#)) ([DoD Special](#))



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Fitness Center Is Looking For Certified Group Fitness Instructors

The RIA Fitness Center is looking for certified Yoga and Zumba instructors to teach classes at different times of the day during the week. If interested, or know of an instructor please have them call the Fitness Center at 309-782-6787.

Trunk or Treat

Fall is in the air and that means it's almost time for our annual Trunk or Treat event. Get your little ghouls and goblins dressed in their costumes and join us at Memorial Park **Wednesday, Oct. 19**, 3:30-5:30 p.m., for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities, bounce house and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union (no official U.S. Army endorsement of sponsors is implied). Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning three-time champions JMC and win the best trunk competition. For more info and to sign up as a trunk please call 309-782-3240.

First Friday Social

Due to the holiday weekend/training holiday, the First Friday social for October will be held on **Thursday, Oct. 6**. Join us in the Lock & Dam Lounge (Bldg. 60) for fun, networking and drink specials, starting at 3 p.m., including \$4 Oktoberfest draft pints. Call 309-782-4372 for more info.

Registration Deadline for Flag Football League

Get your team together and get ready to hit the (flag) gridiron. Games will be held at Cannon Flats on Wednesday nights starting **Wednesday, Oct. 12**. For more info call the Fitness Center at 309-782-6787; deadline for registration is **Friday, Sept. 30**. ([Flyer](#))

Rocktoberfest

Break out the lederhosen and dirndls **Friday, Sept. 30**, at 5 p.m., in Heritage Hall (Bldg. 60), it's time for Rocktoberfest! Custom beer steins will be available for \$20 which includes your first beer and there will be plenty of traditional German cuisine like schnitzels, bratwursts with sauerkraut, and Spätzle (noodles with butter and parsley). Local favorites, Corporate Rock is going to put the ROCK into Rocktoberfest so make sure to mark this event on your calendar, it is not one to miss. Call 309-782-4372 for more info. ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Million Dollar Quartet

Million Dollar Quartet is the new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever,"



"That's All Right," "Sixteen Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?," "Matchbox," "Folsom Prison Blues," "Hound Dog" and more. This thrilling musical brings you inside the recording studio with four major talents who came together as a red-hot rock 'n' roll band for one unforgettable night. Don't miss your chance to be a fly on the wall of fame... at Million Dollar Quartet! Limited discounted seats on sale until **Saturday, Oct. 1**. Call 309-782-5890 or stop by the Leisure Travel Office, Bldg. 333.

Event Date: **Saturday, Oct. 15**

Event Time: **5:45 p.m.**

Mickey & Minnie's Doorway to Magic

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider as they rise into the sky amidst the floating lanterns. With special appearances by Snow White, Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10**.

Disney on Ice: Dare to Dream

Feld Entertainment's Exciting Disney On Ice Production is a Celebration of Royal Proportions featuring Tangled, Snow White and the Seven Dwarfs, The Princess and the Frog and Cinderella. Join Mickey Mouse, Minnie Mouse, Donald and Goofy as they follow four of Disney's most inspirational princesses on their adventures to fulfill their dreams in Feld Entertainment's newest ice spectacular, Disney On Ice presents Dare to Dream. Combining the contemporary stories of two modern-day princesses, Rapunzel and Tiana, with the classic elegance of Cinderella and Snow White, Dare to Dream whisks audiences away on exciting journeys where dreams really do come true. MWAR Leisure Travel Office has several dates and times (performances at the iWireless Center running **Dec. 1-4**) for discounted seating to this show. Call the Leisure Travel Office for more details at 309-782-5890.

Downtown Chicago/Christkindlmarket

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

Ice Age on Ice

You and your family can catch this fantastic event, easier than Scrat could ever catch that acorn, on **Jan. 31 or Feb. 1**, 7 p.m., at the iWireless Center in Moline. Scrat gets the wakeup call of his life when he buries his prized acorn in a once-dormant volcano that rumbles back to life. With an eruption threatening our sub-zero heroes' way of life, they must find the magical Frostberry to stop a tidal wave of lava and save themselves from certain extinction. Leisure Travel has discounted seats on sale until **Monday, Dec. 12**.

Child, Youth & School Services



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Paint the Island Purple

This October support Domestic Violence Awareness Month by joining in on our competition. Get your team together and decorate your work space in purple and wear purple on **Fridays**. Submit your photo to us and we will vote each week on the winner. You will get a plaque, to hold our traveling trophy and bragging rights. Don't miss out and help support a great cause! ([Flyer](#))

Join the Fight March

On **Thursday, Oct. 6**, line Rodman Avenue and join our march as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks! The outdoor grill will be available to purchase food in the parking lot after the march. For more information or to sign up for volunteering please call: 309-782-3773 or 309-782-0829. ([Flyer](#))

Advanced Résumé Class

This advanced résumé class on **Friday, Oct. 7**, 1:30-3:30 p.m., in Army Community Service, is for Spouses' but open to all service members, DA civilians (APF & NAF), Retiree's, and Family members. Learn how to tailor your résumé for federal employment and advanced techniques for landing a federal job. For more info and to RSVP call 309-782-0829 or email usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil. ([Flyer](#))

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

National Recovery Month

National Recovery Month ([Recovery Month](#)) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments. The 2016 Recovery Month observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. Currently, 203 federal, state and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program at 782-HELP (4357).

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **Sept. 27** and **Dec. 20**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **Oct. 11**, and **Nov. 10**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

Prescription Drug Take-back Day

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children 5 and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Tuesday, Oct. 18**, the ASAP and Law Enforcement will be collecting unused and expired prescription drugs at 6-8:30 a.m., and 2:30-4:45 p.m., at Memorial Park Pavilion. We are unable to accept needles, syringes or inhalers. For more information about the prescription drug take-back day call the Army Substance Abuse Program at 309-782-4357.

Time Management

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. An upcoming class date is **Oct. 25**, 10:30 a.m. – 12 p.m., in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class date is **Nov. 29**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357).

Event Date: **Nov. 8**

Event Time: **8 a.m. - 12 p.m.**



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

DANTES Provides Faster Exams Reimbursement Process

The Defense Activity for Non-Traditional Education Support (DANTES) Exams Reimbursement Program has changed a reimbursement policy that will expedite the exams reimbursement process for service members, including active duty, National Guard and Reserve. The policy change includes reimbursement of test fees for the following exams:

- GED (beginning October 2016)
- GMAT
- GRE General and GRE Subject
- Praxis Core and Praxis Subject Assessment
- ACT and SAT

The online Electronic Reimbursement Request is now the only option available for service members to receive reimbursement to cover the cost of test fees incurred for exams taken at national or international test centers. Paper-based reimbursement requests were retired March 1 and are no longer accepted. In accordance with the policy change, DANTES will no longer physically process any paper-based reimbursement mail received after **Oct. 1**. ([More](#))

FY2016 Year-End Close-Out

In preparation for FY2016 year-end close-out concerning use of Army Tuition Assistance, the following applies: Soldiers, all course enrollments with start dates through **Friday, Sept. 30**, must be requested and approved in GoArmyEd before 11:59 p.m. Eastern Time, **Friday, Sept. 16**. There will be no exceptions. This enrollment cut-off is necessary to allow for the 2016 fiscal year close-out. The FY2016 close-out enrollment cut-off date does not affect Soldiers enrolling in FY2016 classes using full self-pay, or classes starting **Saturday, Oct. 1**, or later (FY2017 enrollments). FY2017 enrollments are subject to availability of funds. POC is Army Education Center at 309-782-2065.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [here](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockislandarsenal.commissary@deca.mil and type 'Subscribe' in the subject line.

Exchange You Made the Grade Program Rewards Academic Excellence for 2016-17 School Year

Military students can turn good grades into rewards—and a chance at a \$2,000 gift card—with the Army & Air Force Exchange Service's You Made the Grade program. Through the program, first-through 12th-graders who maintain a B average or better are eligible to receive coupon booklet filled with [free offers and discounts from the Exchange](#). "For 16 years, the Exchange has been honored to reward military students who make it their mission to succeed in the classroom through the You Made the Grade program" said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "Service members' children face unique challenges, including making multiple moves during their academic careers," Applegate said, noting Department of Defense Education Activity reports that most military children move six to nine times before finishing high school. "These students deserve to be recognized for their achievements, and the Exchange is happy to thank them for a job well done."

Rock Island Exchange Brings Back Fee-Free Layaway for the Holidays

Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes. Starting **Sept. 1**, the Rock Island Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by **Dec. 24**—including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan. "By waiving the service fee, the Rock Island Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day," said Rock Island Exchange Store Manager Lisa Scadden. "With a few months to go before the holidays, shoppers can start checking off their gift lists—and keep those presents safely hidden." A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Rock Island Exchange for complete program details and eligibility information.

Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical Society Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Oct. 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a soup, salad and sandwich buffet, featuring fresh baked breads, cookies, coffee, tea and water, prepared by the Golf Club Kitchen, all for \$11, including tax and tip. Our event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Steve Robinson who has worked for Dr. James Van Allen at the University of Iowa. He has worked for the federal government as an industrial engineer. He has also served as Chief of RIA-REARM and Director of Science and Engineering. His presentation will include a history of metal working, artisan blacksmithing, and hot forging at the arsenals. For reservations call Monica at 563-650-4349 or Linda at 563- 355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on **Monday, Oct. 3**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

This Week in Rock Island Arsenal History – Sept. 26-Oct. 3

In September 1906, the Old Settler's Association of Rock Island County sponsored the initial repair of the dilapidated Colonel George Davenport House. On Sept. 28, 1970, the sun dial located at the end of Gillespie Avenue near Quarters One was rededicated after it had undergone extensive refurbishing. On Sept. 30, 1969, Arsenal Island was placed on the Register of Historic Places. The RIA received the coveted Army-Navy "E" award on Sept. 30, 1942. The Army-Navy "E" pennant for outstanding achievement in the production of war materiel was presented to RIA Commander, Brig. Gen. Norman Ramsey by Maj. Gen. Campbell, Jr., U.S. Army Chief of Ordnance, before a crowd of 25,000 people. Later the RIA added four stars to the pennant. Col. C. A. Waldmann assumed command of the RIA on Oct. 1, 1944. On Oct. 2, 1917, the RIA received Special Order No. 228 to send six representatives of the RIA to France to study methods of manufacturing recoil mechanisms to be placed on gun carriages.

Healthbeat



Nurse Advice Line Serves As Important Tool for Suicide Prevention

A panicked wife made a call and said that her active-duty military husband had a gun to his head and was threatening suicide. The nurse on the line calmly went through an established procedure to try and save a life. "The first thing we did was get as much information as we could and calm the wife," said Regina Julian, chief of Primary Care, Access and Patient Experience at the Defense

Health Agency and the Nurse Advice Line, a 24-hour-a-day, seven-days-a-week, toll-free number for Military Health System beneficiaries. “Then the nurse told the wife, ‘Put him on the phone, and I’ll talk to him about the medical problems he’s having, while you get the gun when he puts it down. When he does that, unload the gun and throw the bullets as far away as you can, while I message first responders.’” Julian said the nurse was able to talk to the service member and find out he had back problems from carrying heavy packs during multiple deployments. The combination of pain and the medications to treat that pain were making him depressed and unable to cope with life, making him feel he was at the end of his rope. The nurse lent a sympathetic ear, while the wife unloaded the gun and first responders arrived. “It was incredible. The nurse just kept her composure, we are so pleased we had a resource to provide this active-duty member and his wife because we were able to save a life through the Nurse Advice Line,” said Julian. The calm actions were a result of the training all nurses get at the Nurse Advice Line. When beneficiaries call 1-800-TRICARE (874-2273), option 1, they are connected with a professional who has been trained to use a clinically proven process to work through issues and find the best solution. According to Julian, the nurse line receives up to nine suicide threats a day. ([More](#))

Suicide Prevention: How to Recognize the Warning Signs

For some, everyday life can bring forth demanding situations which may carry a great emotional and psychological burden. And when dealing with such, a person may consider thoughts of suicide or self-harm as the only solution. The ability to detect when someone is dealing with difficulties in their personal lives can be a challenge, according to an expert on the subject of psychological health. “While some warning signs can be difficult to notice at times, it can be helpful to listen carefully and consider what a person may be communicating indirectly,” said Dr. Mark Bates, associate director of psychological health promotion at the Deployment Health Clinical Center (DHCC), which is a part of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). “Listening well is very important if you have concerns about someone’s emotional state.” Bates stated if a person begins talking about death, or wishing to die, contact emergency help or a medical professional immediately. “Be careful to be supportive and non-judgmental,” he said. “The psychological and emotional pain one endures when contemplating suicide can be immense. If someone you know has attempted suicide before, or has access to an effective means to commit suicide (possession of a firearm, pills, etc.), get in touch with someone and express your concerns.” ([More](#))

Notes for Veterans

VA Awards \$6.8 Billion for Medical Disability Examinations

The Department of Veterans Affairs (VA) today announced the awarding of 12 contracts between 5 firms totaling \$6.8 billion to improve the Medical Disability Examination process (Compensation and Pension or Comp and Pen Examinations) for Veterans. The awards are intended to reduce Veterans’ wait times for examinations for service-connected benefits, thereby providing faster claims decisions in a more efficient and streamlined way. “This is good news for Veterans who are waiting for VA to determine whether a condition can be considered service-connected,” said VA Secretary Robert A. McDonald. “For these Veterans, we want the process to be smoother – from beginning to end. When we announced the MyVA initiative in 2014 to improve Veterans’

experience with VA that meant looking at every process and every product. These awards represent a way for us to improve a significant process for Veterans.” ([More](#))

Around the Q.C.



C

Sept. 27: [World Affairs Council of the Quad Cities presents: Living as a Muslim in America](#) (Western Illinois University-Quad Cities Riverfront Campus, rooms 103 and 104)

Sept. 29: [Teacher's Night](#) (Putnam Museum)

Sept. 30: [Okto-BREW-fest](#) (Brew in the Village)

Sept. 30: [Punk'NMator Tapping](#) (Great River Brewery)

Sept. 30: [Oktoberfest](#) (Front Street Brewery)

Sept. 30: [Wine Walk](#) (Bucktown Center for the Arts)

Oct. 1: [Superhero 5K Run, 1 Mile Walk and Kids Dash for Down syndrome](#) (Veterans Memorial Park Bettendorf)

Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 1: [Food & A Flick](#) (Vander Veer Botanical Park)

Oct. 1: [Solar Car Workshop](#) (Putnam Museum)

Oct. 1: [Witches' Ball](#) (544 23rd St, Rock Island)

Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)

Oct. 2: [Rockridge PTC Color-A-Thon 1-mile Fun Run](#) (Loud Thunder Forest Preserve, Illinois City)

Oct. 2: [3rd Annual Fire Muster](#) (Village of East Davenport)

Oct. 2: [Pumpkin Extravaganza-Build A Scarecrow](#) (QC Botanical Center)

Oct. 4: [Quad Cities Iowa MBA Speaker Series featuring: Ginny Wilson-Peters](#) (11:30 a.m. - 1 p.m., PMBA–Birchwood Fields Learning Center, 4620 E 53rd Street, Davenport)

Oct. 4: [Urban Farming Workshop](#) (Putnam Museum)

Oct. 7: ['Healthy You Day'](#) (West Kimberly Road Hy-Vee)

Oct. 7: [2016 Rising Up Against Sexual Violence Luncheon](#) (QC Waterfront Convention Center)

Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)

Oct. 8: [Officers Down 5K & Community Day](#) (Crow Creek Park, Bettendorf)

Oct. 8: [Make-A-Wish Iowa's Annual Walk for Wishes](#) (Modern Woodman Park)

Oct. 8: [Donkeys and Dog Tags Fun Run/Walk](#) (Moingona City Park, Boone Co., Iowa)

Oct. 9: [Apple Fest](#) (Downtown LeClaire)

Oct. 11: [KinderNature-Great Gourds](#) (Quad City Botanical Center)

Oct. 13: [Hogtoberfest](#) (RiverCenter)

Oct. 14: [Jeepers Creepers Family Halloween Party](#) (Jaycees of the Quad Cities)

Oct. 15: [6th Annual Blue Grass Park Board Pumpkin Dash](#) (Old Firestation 120 East Orphed Street, Blue Grass)

Oct. 21: [Not So Scary Halloween Walk](#) (QCCA)

Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)

Oct. 22: [Moline Kiwanis Day of Service: 100th Habitat Home Build](#) (518 4th Ave, Moline)

Oct. 27: [Fright Night](#) (The District (Rock Island)

Oct. 28: [Zombie March Quad Cities](#) (Downtown East Moline)

Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)

Oct. 29: [Halloween Parade](#) (Freight House Farmers' Market)

Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)

Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)

Oct. 29: [Dwyer and Michaels Halloween Costume Ball](#) (Holiday Inn Hotel & Conference Center, Rock Island)

Oct. 30: [Day of the Dead Family Fiesta](#) (Figge Art Museum)

Nov. 1: [Resilience - A Free Community Screening](#) (Putnam Museum)

Nov. 10: [Holiday Hat Bash](#) (CASI)

Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)

Nov. 12: [22nd Annual Land of the Muddy Waters](#) (Bluecat Brew Pub)

Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)

Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 21: [Veteran's Explore Camp Courageous](#) (Camp Courageous, 12007 190th St, Monticello, Iowa)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)
Dec. 3: [Ugly Christmas Sweater 5k walk/run](#) (Blackhawk Bank & Trust: 2nd St. & Davenport St.)
Dec. 10: [QC Holiday Shopping Expo](#) (Rock Island Center for Math and Science)

Island Insight



[Col. Kenneth Tauke, Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer;

[Mark Kane](#), Editor The Army publication, *Island Insight*, is an unofficial publication

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